Almond Lassi

A traditional Indian yogurt drink made instead with almond milk. Ingredients:

- **2 Cups** Almond milk or almond beverage, chilled
- **3** Pitted dates
- **1 tsp** Ground cardamom
- A pinch of black pepper

Equipment:

- Blender

Place all ingredients in blender and blend until smooth, about 2 minutes. Refrigerate at least 30 min before serving.

Recipe donated to FNB in 2002 by helennrick@ssm.ca, retrieved in 2022

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